

Create Your Plan For Extended Care



Care is There Geriatric Care Management

800.434.1633

www.CareisThere.com

Ask about our free consultations

Care 
is There
Coordinating Independent Lifestyles

We Help Create and Implement Plans for Extended Care



We are Care Managers / Lifestyle Coordinators

Serving:

- Long distance or busy caregivers
- Older adults who want the best life possible
- All levels of care

Services:

- **Active care management / lifestyle coordination**
– Evaluation, plan based on best practice solutions, implementation, ongoing active support
- **“Just in Case”** – Evaluation, plan, periodic check-in
- **Daily money management / bill pay service**



Elizabeth Swider
Founder,
Care is There
Geriatric Care
Management

This Presentation



- What you can expect about the care you may need in the future
- What to think about as you plan
- Do-it-yourself plan format for you
 - Scaled down version of what we do professionally



www.careisthere.com/resources/solutions/support-and-joy/care-coordination

Article: **“Create Your Plan for Extended Care”**

How Much Care Will You Need?



According to the US Government*, someone turning age 65 today has almost a 70% chance of needing some type of long term care services and supports in their remaining years

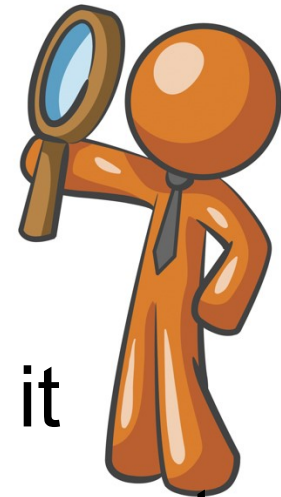
Type of Care	Number of Years Used	% of People Who Use This
Any services	3	69%
Care at home	2	65%
Care in a facility	1	37%

[*https://longtermcare.acl.gov/the-basics/how-much-care-will-you-need.html](https://longtermcare.acl.gov/the-basics/how-much-care-will-you-need.html)

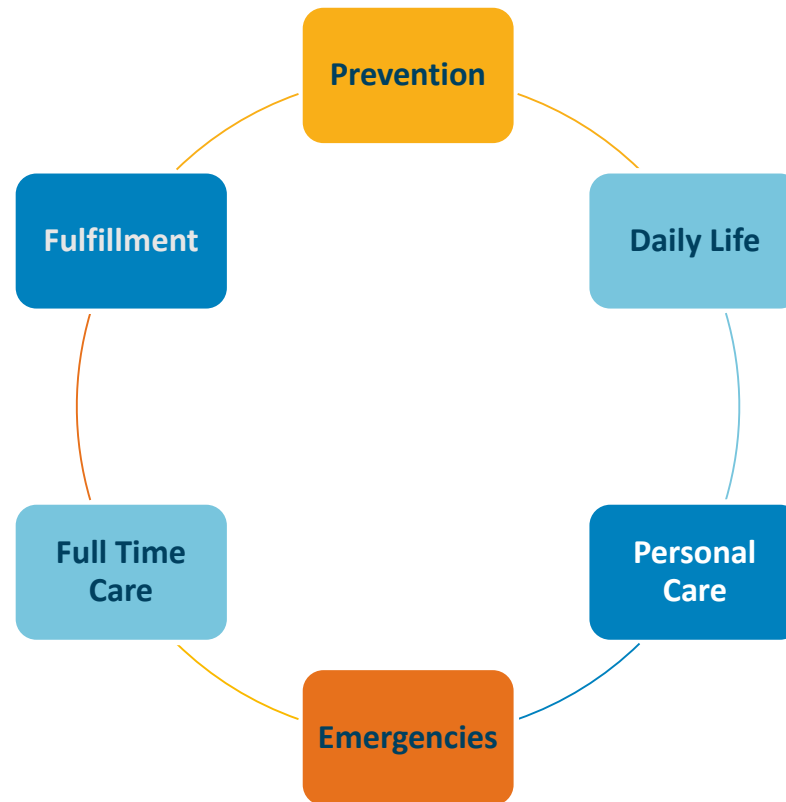
How to Plan for Extended Care



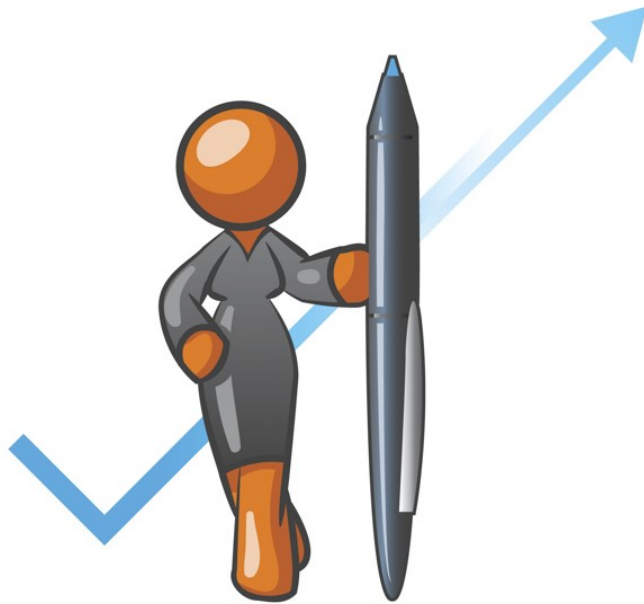
1. Have the courage to be realistic
2. Educate yourself
3. Know what makes you happy
4. Consider the impact on others
5. Write down your plan and share it
6. Make legal and financial arrangements



What to Plan For



Who Will Help?



Organized by
Family Member or
Care Manager

Family
and Friends

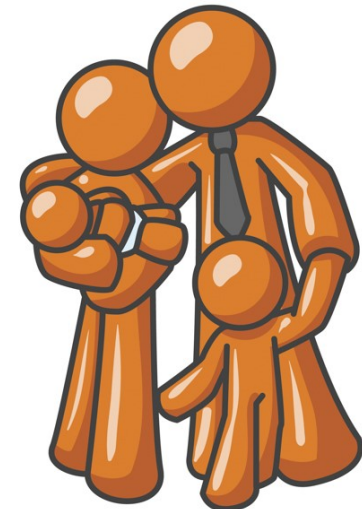
Professionals

What Will it Cost – Care Provided by Your Family



It costs their time and energy, and sometimes, it costs...

- Loss of a job / career / health insurance
- Loss of a marriage
- Loss of a good relationship with the care receiver
- Loss of a good relationship with siblings
- Loss of time with children
- Sacrifice of other personal contributions / fulfillment
- Stress / loss of health “Caregiver Syndrome”
- Loss of life



Caregiver Stress



“Clinical observation and early empirical research showed that assuming a caregiving role can be stressful and burdensome. **Caregiving has all the features of a chronic stress experience:**

- It creates **physical and psychological strain over extended periods of time**
- is accompanied by **high levels of unpredictability and uncontrollability**
- has the capacity to create **secondary stress in multiple life domains such as work and family relationships**
- and **frequently requires high levels of vigilance.**

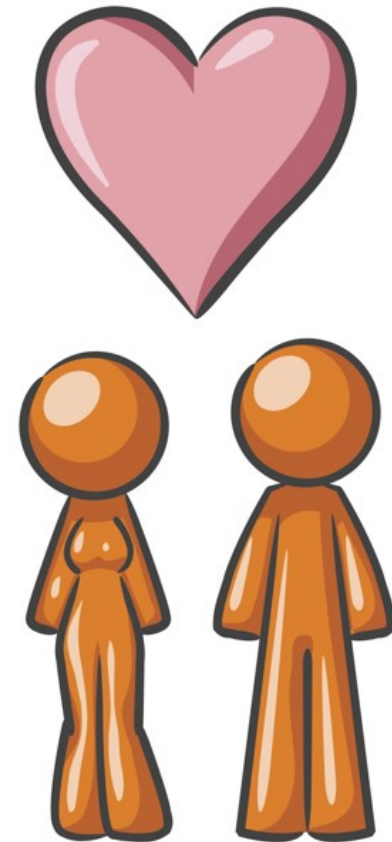
Caregiving fits the formula for chronic stress so well that it is used as a model for studying the health effects of chronic stress.”

Richard Schultz, PhD and Paula R. Sherwood, PhD, RN, CNRN

How Will You Pay for Care from your Friends / Family?



- Be gracious
- Be flexible
- Be responsible for your own happiness
- Find ways to contribute to them – now and while receiving care
- Have a plan and a backup plan



What Will it Cost – Professional Care (Annual)



Service	National Annual Cost – Median (2017 Genworth Survey)*	5-year Annual Growth
Homemaker	\$ 47,934	3%
Home Health Aide – 44 hrs wk	\$ 49,192	3%
<i>Home Health Aide – 24/7**</i>	<i>\$188,340</i>	
Adult Day Care	\$ 18,200	4%
Assisted Living	\$ 45,000	3%
Nursing Home: semi-private rm	\$ 85,775	3%
Nursing Home: private room	\$ 97,455	4%

*<https://www.genworth.com/aging-and-you/finances/cost-of-care.html>

** Not quoted by Genworth. Calculated based on 44 hr./wk rate

What Will it Cost – Professional Care (Annual)



Service	Virginia Annual Cost (2017 Genworth Survey)*	5-year Annual Growth
Homemaker	\$ 28,600 - \$ 70,928	2%
Home Health Aide – 44 hrs wk	\$ 32,032 - \$ 70,928	3%
<i>Home Health Aide – 24/7**</i>	<i>\$122,300 - \$270,810</i>	
Adult Day Care - median	\$ 17,649	4%
Assisted Living	\$ 13,200 - \$100,800	5%
Assisted Living - median	\$ 54,090	
Nursing Home: semi-private rm	\$ 67,525 - \$149,650	4%
Nursing Home: private room	\$ 70,810 - \$175,200	3%

[*https://www.genworth.com/aging-and-you/finances/cost-of-care.html](https://www.genworth.com/aging-and-you/finances/cost-of-care.html)

** Not quoted by Genworth. Calculated based on 44 hr./wk rate

What Will it Cost – Professional Care (Annual)



Service	Charlottesville Annual Cost (2017 Genworth Survey*)	5-year Annual Growth
Homemaker	\$ 52,624	4%
Home Health Aide – 44 hrs/wk	\$ 54,912	4%
<i>Home Health Aide – 24/7</i>	<i>\$210,240</i>	
Adult Day Care 5 days/wk	\$ 21,450	3%
Assisted Living	\$ 60,900	0%
Nursing Home: semi-private rm	\$ 73,365	4%
Nursing Home: private room	\$ 79,205	3%

*<https://www.genworth.com/aging-and-you/finances/cost-of-care.html>

** Not quoted by Genworth. Calculated based on 44 hr./wk rate

How Will You Pay for Professional Care?



- Medicare does not pay for long term care
- Health insurance pays only for medical expenses
- Medicaid is only for the poor and means you must go where there is a “bed”; assisted living availability very limited
- Long term care insurance is designed for this need
- Some assistance for Veterans is available
- Work with your financial advisor to develop a plan to fund your extended care



Extended Care Plan Document



My Extended Care Plan					
Area of Life	What May I Need?	Who Will Do It?		What is the Cost*	How Will I Pay**?
		Personal	Professional		

Download the document from the Related Articles on this page of our website:
www.careisthere.com/resources/solutions/support-and-joy/care-coordination

Article: **“Create Your Plan for Extended Care”**

Consult the plan document for ideas about:

- Areas of life to consider
- What type of help many people need
- Examples of people in your life who can help you
- Examples of the types of professionals can help you for each area of need

Consult your elder law attorney for estate planning advice

Consult your financial advisor to create a funding plan

Care is There Can Help You Create and Implement Your Plan



- See us for a free consultation
- Use our “Just in Case” service
- Engage us as your active care managers / Lifestyle Coordinators or Daily Money Managers



For More Information



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